

# SHAAP

SCOTTISH HEALTH ACTION ON ALCOHOL PROBLEMS  
[www.shaap.org.uk](http://www.shaap.org.uk)

Welcome to SHAAP's weekly media monitoring service: 3 December – 10 December 2020

## Scottish Health Action on Alcohol Problems calls for Nordic-style drink stores

<https://www.thetimes.co.uk/article/scottish-health-action-on-alcohol-problems-calls-for-nordic-style-drink-stores-0lq9b5wc6>

Nordic-style controls over alcohol sales should be considered in Scotland, says a leading health campaigner. The move would create a national chain of off-licences owned by the Scottish government, similar to models that have existed in Sweden, Norway and Finland for decades. It would restrict the ability of supermarkets to sell strong alcohol and exert tighter control over when the public can buy wine, beer and spirits. Dr Peter Rice of Scottish Health Action on Alcohol Problems pointed to a 2008 pilot scheme in some towns in Scotland where hours of sales to under-21s were restricted on weekend evenings. The police reported positive results, he said. *"More trials of this sort would be valuable... [...]"*

Source: The Times, 6 December 2020 [*Subscription / Free Trial*]

## We aren't drinking to our good health – more education on the harmful effects of alcohol is long overdue

<https://www.independent.co.uk/voices/alcohol-booze-health-nhs-drink-b1766255.html>

Even consuming so-called 'low-levels' of booze can have profound effects on developing brains and damage ageing ones. If alcohol were marketed as a drug in 2020, it would likely be illegal. Telling us that drinking too much can be bad for our health should come as no surprise. But it's our most popular social lubricant and not likely to disappear from our cabinets and cellars any time soon. The new study by the *British Medical Journal* I worked on, Lifetime perspective on alcohol and brain health, shows we need to be extra careful during three key stages in our lives. A lifespan approach to reducing harm from alcohol makes perfect sense when we really dig deep into the science. The first key stage is pregnancy. [...]

Source: Independent, 5 December 2020

[Editorial doi: [10.1136/bmj.m4691](https://doi.org/10.1136/bmj.m4691)]

## **UK food and drink trends 'fundamentally reshaped' by pandemic**

<https://www.theguardian.com/business/2020/dec/04/uk-food-and-drink-trends-fundamentally-reshaped-by-pandemic>

Britons are drinking rosé all year round and firing up their barbecues in the depths of winter, according to a report on how food and drink trends have been “fundamentally reshaped” by the pandemic. Cooking at home has even become the new commute, providing a clear separation between work time and home time, the study claims, while more than half of households have been more carefully planning recipes and meals and intend to carry on. The annual food and drink report from Waitrose also underlines the “seismic” shift towards online shopping triggered by the initial lockdown – a trend it says is clearly set to stay. [...]

Source: The Guardian, 4 December 2020

## **Record UK grocery sales after Covid lockdowns fuel early festive revelry**

<https://www.theguardian.com/business/2020/dec/08/uk-grocery-sales-record-covid-lockdown-kantar>

November was the biggest month ever for UK grocery sales with shoppers spending almost £11bn as the return of lockdown in England drove supermarket purchases of food and alcohol. Sales of turkey and alcohol were up by just over a third and festive light sales soared 238% in November, according to analysts at Kantar, as shoppers brought forward preparations for Christmas and began treating themselves at home while pubs and restaurants were closed. While mince pie sales slipped 8%, as social distancing rules meant there was less celebrating with friends and colleagues, cream liqueur sales doubled as festive drinking kicked off at home. [...]

Source: The Guardian, 8 December 2020

## **Public calls for cancer warnings on alcohol as nearly 80% say Britain ‘has a drink problem’**

<https://wellbeingnews.co.uk/news/public-calls-for-cancer-warnings-on-alcohol-as-nearly-80-say-britain-has-a-drink-problem/>

A new poll shows mounting public concern about drinking levels in the UK, especially under lockdown, with 78% saying the UK has a problem with excessive drinking. A poll of 1,000 adults for the Priory Group, the addiction and mental health specialists, found that 2 in 3 thought the message ‘drink responsibly’ was too vague, and should be replaced with specific health warnings. Almost six in 10 (59%) believe alcohol should carry a cancer warning. The poll comes after official figures showed a steep rise in people drinking more. The most recent data from Public Health England on the wider impacts of Covid-19 showed nearly 1 in 5 (19%) adults drinking at higher risk in June, up from 1 in 10 (10.8%) in February. When

applied to the population of England, some 8,410,045 people were drinking at higher risk. [...]

Source: Wellbeing NEWS, 6 December 2020

### ***“Alcohol has become a way of life:” How lockdown has changed our drinking habits for the worse***

<https://www.sundaypost.com/fp/now-for-the-bad-booze-we-drink-far-too-much/>

Pouring a glass of wine to melt away the stresses and strains of the day has never had so much appeal than over the last eight months as we adjust to a new, less sociable, way of living while the pandemic carries on around us. But it seems lockdown may have tipped the nation over the edge. New figures show over 2.6 million Scots admit they are drinking the same or more during lockdown, and 627,000 admit they believe they will emerge from the crisis drinking more than they did before. *“Alcohol has become a way of life,”* Ruari Fairbairns, CEO of One Year No Beer, said. [...]

Source: The Sunday Post, 4 December 2020

### **Trains need temporary booze ban during Christmas travel period, says former WHO advisor**

<https://www.telegraph.co.uk/news/2020/12/08/trains-need-temporary-booze-ban-christmas-travel-period-says1/>

Trains should have a temporary booze ban to protect social distancing during the Christmas bubble travel window, a former advisor to the World Health Organisation has said [...]

Source: The Telegraph, 8 December 2020 [*Free Trial / Subscription*]

### **Alcohol ban enforced and pubs shut early around Wales as new Covid rules introduced**

<https://www.itv.com/news/wales/2020-12-04/welsh-hospitality-sector-set-to-close-early-from-tonight-while-new-rules-on-travel-also-come-into-force>

Hospitality businesses in Wales will now no longer be able to serve alcohol to customers after new rules came into force at 6pm Friday evening, in an attempt to curb the spread of coronavirus in Wales. It also means businesses will now close for dine-in service at 6pm every evening. [...]

Source: ITV News, 4 December 2020

### **Wales alcohol restrictions: Temperance's long history**

<https://www.bbc.co.uk/news/uk-wales-55158837>

[From] Friday evening, in bars around Wales the beer taps [were] turned off and the doors [closed]. [...] But it may come as a surprise to some to learn that abstaining from alcohol has a long history in Wales through the temperance movement. It came from different areas of society with varying aims and agendas, but broadly all sought to reduce the use and influence of drink on people's lives, especially among the working classes. Some were driven by religious fervour or moral attitudes to drink, some by health and social concerns, and others by economic worries, particularly employers who feared the effects on their workforce and its productivity. [...]

Source: BBC News, 5 December 2020

### **Every week of lockdown increases binge drinking, study finds**

<https://www.independent.co.uk/news/world/americas/lockdown-binge-drinking-alcohol-covid-b1767366.html>

Every week of lockdown in the United States increased binge drinking among adults, a new study has found. About 32 per cent of participants reported to researchers at the University of Texas Health Science Center School of Public Health in Dallas they took part in binge drinking during lockdown. Regular binge drinkers increased their intake, but non-binge drinkers consumed about the same amount of alcohol than before lockdown, the study said. The odds of heavy alcohol intake among binge drinkers rose an extra 19 per cent for every week of lockdown. However, living with children reduced the odds of turning to alcohol. [...]

Source: Independent, 8 December 2020

[Research article doi: [10.1080/00952990.2020.1832508](https://doi.org/10.1080/00952990.2020.1832508)]

### **Scotland: deaths of despair**

<https://www.dbrecoveryresources.com/2020/12/scotland-deaths-of-despair/>

University of Glasgow confirmed that drugs are the main contributor to inequalities in mortality and, together with alcohol harm and suicides, make up 65% of absolute inequalities in mortality. Deaths among young men are increasing. [end]

Source: DB Recovery Resources, 9 December 2020

[Research article doi: [10.1186/s12939-020-01329-7](https://doi.org/10.1186/s12939-020-01329-7)]

### **Past and Future Alcohol-Attributable Mortality in Europe**

<https://doi.org/10.3390/ijerph17239024>

*Abstract:* Although alcohol consumption is an important public health issue in Europe, estimates of future alcohol-attributable mortality for European countries are rare, and only apply to the short-term future. We project (age-specific) alcohol-attributable mortality up to 2060 in 26 European countries, after a careful assessment of past trends. [...] All in all, the

share of mortality due to alcohol is projected to eventually decline in all 26 European countries. Achieving these projected declines will, however, require strong ongoing public health action, particularly for selected Eastern and North-western European countries. [end]

Source: *International Journal of Environmental Research and Public Health*, 3 December 2020

### **Residential Rehabilitation Working Group: drug and alcohol residential treatment services - preliminary recommendations**

<https://www.gov.scot/publications/residential-rehabilitation-working-group-preliminary-recommendations-drug-alcohol-residential-treatment-services/>

This report provides a set of recommendations to the Scottish Government and other partners involved in reducing the harms caused by problematic use of alcohol and drugs - recommendations which aim to improve access to residential rehabilitation treatment. [...]

Source: Scottish Government, 4 December 2020

### **Residential rehabilitation in Scotland: what's going on?**

<https://recoveryreview.blog/2020/12/08/residential-rehabilitation-in-scotland-whats-going-on/>

For a significant number of people in recovery, rehab has been part of their journey, yet the truth is that we know very little about residential rehabilitation in Scotland. In the summer of 2020, the Scottish Government public health minister, Joe Fitzpatrick, set up a working group to explore the subject. I was asked to chair the group. We were tasked to take a look at provision; location of rehabs; bed numbers; programme types and duration; referral criteria and support; waiting times; staffing; costs; involvement of families; regulatory frameworks; outcomes; relationship to mutual aid and community recovery resources and finally, admissions and discharges. [...]

Source: Recovery Review, 8 December 2020

### **Residential treatment: making things better**

<https://recoveryreview.blog/2020/12/10/residential-treatment-making-things-better/>

There's a bit of attention being given to residential rehabilitation in Scotland at the moment – something that's good to see. A working group that I was part of has made recommendations to the Scottish Government which have been broadly welcomed. It's good to hear that the Public Health Minister, Joe Fitzpatrick, has pledged £90,000 to support implementation. So, what are the principles the working group developed as a result of the work we undertook? There are nine of them. [...]

Source: Recovery Review, 10 December 2020

### **Supporting public health: children, young people and families**

<https://www.gov.uk/government/publications/commissioning-of-public-health-services-for-children>

Documents to support local authorities and providers in commissioning and delivering maternal and child public health services from preconception up to 24 years. [...] Maternity high impact area 4: Reducing the incidence of harms caused by alcohol in pregnancy [...]

Source: Public Health England, 9 December 2020

### **Australian Alcohol Guidelines Revised**

<https://www.health.gov.au/news/australian-alcohol-guidelines-revised>

The National Health and Medical Research Council (NHMRC) have released a revised version of the Australian guidelines to reduce health risks from drinking alcohol. [...]

Source: Department of Health (Commonwealth of Australia)

### **Treatment in England: positive, interesting and alarming**

<https://recoveryreview.blog/2020/12/05/treatment-in-england-positive-interesting-and-alarming/>

Public Health England (PHE) recently published their summary of what's going on in substance use disorder treatment in England over 2019-20. Despite the shared culture and proximity of Scotland and England, there's been a significant divergence in drug and alcohol policy and treatment delivery over the years. We've not been good as we might have been in Scotland at capturing the detail and outcomes of treatment episodes across both drug and alcohol interventions, though that's about to improve with the introduction of a new monitoring system here. We still have a strong network of addiction specialists working in the NHS in Scotland while this seems to have been eroded in England and many commentators have highlighted reduced funding south of the border. Having said that, comparisons are difficult and of course we have a much higher drug-related death rate in Scotland. So, what's going on in England? [...]

Source: Recovery Review, 5 December 2020

### **Race and alcohol addiction treatment services**

<https://ahauk.org/race-and-alcohol-addiction-treatment-services/>

The All Party Parliamentary Group of The Treatment of Addiction in the UK recently highlighted that 92% of all people in treatment for addiction are recorded as white. In this

blog, Sohan Sahota, Managing Director of the drug and alcohol recovery support service BAC-IN, explores what barriers exist for those from black and Asian backgrounds who are seeking support for alcohol addiction and how treatment services can better support those from minority or marginalised groups. [...]

Source: Alcohol Health Alliance UK, December 2020

### **Essays on alcohol-related harm and interventions**

[https://findings.org.uk/docs/bulletins/hot\\_topics\\_alcohol\\_2020.php?s=db](https://findings.org.uk/docs/bulletins/hot_topics_alcohol_2020.php?s=db)

The Effectiveness Bank features a collection of 45 hot topics – essays written by Drug and Alcohol Findings explaining the background and evidence relating to topics which sometimes prompt heated debate. They are a popular way to get up to speed on the issues which matter in drug and alcohol policy and practice in Britain, and often too internationally. See five hot topics about alcohol-related harm and alcohol interventions below. [...]

Source: Drug and Alcohol Findings, December 2020

### **Wise up**

<https://www.drinkanddrugsnews.com/wise-up/>

With awareness of the damaging effects of alcohol still nowhere near where it should be, DDN looks at some recent attempts to educate the public about the risks most of us still tend to ignore. [...]

Source: Drink and Drug News, 7 December 2020

### **Support for veterans**

<https://www.drinkanddrugsnews.com/support-for-veterans/>

Despite high levels of problematic substance use among ex-services personnel, the ingrained forces mentality can mean a reluctance to seek help – something that also extends to their families, says Robert Stebbings. Whilst the majority of serving personnel successfully transition out of the forces and back into civilian society, sadly it is also the case that many veterans encounter difficulties with substance use. Alcohol consumption plays a significant role in military culture, having done so for many years, and unsurprisingly this can translate to alcohol dependency amongst former members of the armed forces in subsequent years, whilst issues around drug dependency also exist. [...]

Source: Drink and Drug News, 7 December 2020

### **Pillars of Stigma and Recovery Storytelling (Bill White, Bill Stauffer, and Danielle Tarino)**

<http://www.williamwhitepapers.com/blog/2020/12/pillars-of-stigma-and-recovery-storytelling-bill-white-bill-stauffer-and-danielle-tarino.html>

A central goal of public recovery self-disclosure is to challenge myths and misconceptions about addiction and recovery through the elements of our personal stories. Recovery advocates must avoid contributing to false narratives by having selective parts of our stories appropriated while ignoring the central recovery message. Addiction/treatment/recovery-related social stigma and its untoward consequences rests on old and new misconceptions regarding the sources and solutions to alcohol and other drug problems. Such key pillars of belief about the nature of addiction, addiction treatment, and addiction recovery constitute the structural supports of addiction-related social stigma. Below are examples of such pillars (in the stigmatized language in which they have been historically conveyed) and how our stories can be hijacked to support these false narratives. [...]

Source: Selected Papers of William L. White, 3 December 2020

#### **SPECIAL ISSUE: HAVE A SAFE CHRISTMAS**

<https://www.recoveryplusjournal.com/recovery-plus-nov-december-2020/>

Christmas and new year are the riskiest dates for relapse back into addictive behaviours. Start reading our guides now to survive and thrive. [...]

Source: DB Recovery Resources, December 2020

